Davina Dumbbell Set

Warning

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CAUTION:

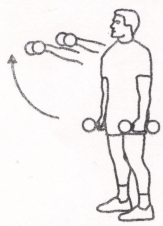
- Before use, check for wear or damage to the product.
- Do not use if your product is worn or damaged.
- This is not a toy. Keep out of reach of children.
- Exercises should be done in a SLOW and CONTROLLED manner.
- Always consult a physician before performing any physical activity.
- Drink plenty of fluids before, during and after exercising.
- Do not use without sneakers.
- Do not use for any purpose other than for exercises as shown in these instructions.

davina mccall

INSTRUCTIONS:

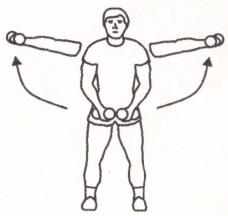
- Before you begin, imitate and practice all exercises WITHOUT product until you are able to perform the movements with confidence. Then begin exercising with the product.
- Perform 1-2 sets of 10 to 15 repetitions during each exercise session. Rest approximately 30-60 seconds between sets.
- If unable to perform 10 to 15 repetitions, start with less repetition and slowly work your way up to the desired goal.
- If unable to achieve maximum muscular fatigue following the performance of 15 repetitions, cautiously add more repetitions.

1. Dumbbell Front Raise



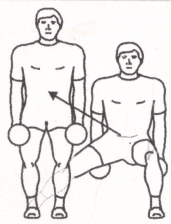
Stand with your feet about shoulder width apart. Hold a dumbbell in each hand. Place arms against the front of the thighs or slightly to the side. Drawbelly button in.Lift your arms up directly in front of you to about eye level Keep your back straight. Slowly return back to start and report.

2. Dumbbell Lateral Raise



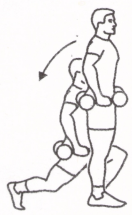
Stand with your feet shoulder width apart feet pointing straight ahead. Hold a dumbbell in each hand to the sides. Draw your belly button in. Raise both arms, palms facing in, until your hands reach shoulder level. Slowly return to start and repeat. Recommendation: To improve balance, perform this while balancing on one leg.

3. Side Dumbbell Lunge



Stand with your feet shoulder width apart and point your feet forward. Hold dumbbells to your side. You can perform this without dumbbells. Draw your belly button in and keep your back straight. Step to the side with one foot to a side lunge position: Make sure your knee is in line with your toes. Return back to the start position by pushing off the thigh you stepped to the side with and by contracting your buttocks.

4. Reverse Dumbbell Lunge

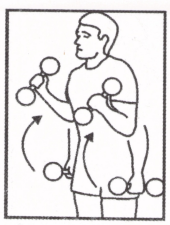


Stand with your feet shoulder width apart and point your feet forward. Hold dumbbells at your side. You can perform this without dumbbells. Draw your belly button in and keep your back straight. Step back with one foot to a lunge position, bending the knee of the front leg. Return back to the start position using your forward leg.

5. Dumbbell Lunges

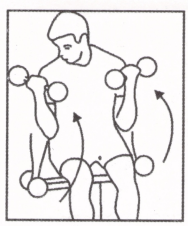
Stand with your feet shoulder width apart and point your feet forward. Hold dumbbells to your side for added resistance. You can also perform this without dumbbells. Draw your belly button in and keep your back straight. Step forward with one foot to a lunge position. Make sure your knee is in line with your toes. Return back to the start position by pushing off the front foot and contracting your buttocks.

6. Hammer Curls



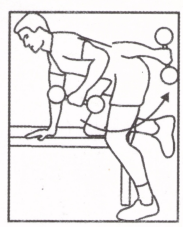
Stand with your feet shoulder width apart and feet pointing straight ahead. Hold a dumbbell in each hand with your palms facing each other. Draw belly button in. Raise your forearms together. Or raise alternate arms, one arm up as the other arm goes down. Lower slowly and with control. Repeat.

7. Seated Dumbbell Curls



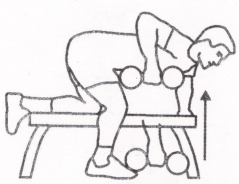
Sit on a bench or chair. Hold a dumbbell in each hand with arms hanging to your sides with your palms facing out. Feet should be on the floor, shoulder width apart pointing straight ahead. Draw belly button in. Curl arms up slowly keeping your back straight. Slowly lower and repeat.

8. Dumbbell Kick Backs



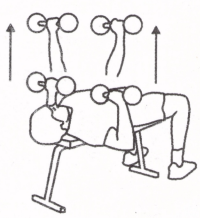
Start in a bent over position on a bench or chair with your one hand and knee placed on the bench or chair. Make sure your back is straight and not rounded. Hold a dumbbell in one hand, tucking your upper arm by your body. Draw belly button in. Start at a 90-degree angle and fully extend your arm. Lower slowly and with control. Repeat.

9. Dumbbell Rows



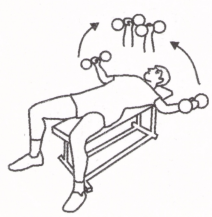
Hold a dumbbell in one hand with palm facing in and arm fully extended. Place your opposite knee on a chair or bench and hold on with hand for support. Place the other foot on the floor and knee should be slightly bent. Keep your belly button drawn in. Bring the dumbbell towards your armpits or as high as you can. Slowly return to the start position and repeat.

10. Dumbbell Bench Press



Lie down face up on a flat bench. Knees bent at 90 degrees and feet on the floor, shoulder width apart and pointing straight ahead. Draw your belly button in. Hold a dumbbell in each hand with an overhand grip and hands a little wider than shoulder width. Press the weight up vertically by extending the arms. Lower slowly with control until you feel a slight stretch in the chest.

11. Dumbbell Flys



Lie down face up on a bench and hold a dumbbell in each hand. Knees bent at 90 degrees and feet shoulder width apart pointing straight ahead. Draw your belly button in. Hold dumbbells to sides with arms slightly bent and just until you feel a slight stretch in the chest. Bring dumbbells together in a hugging motion until they touch. Lower slowly and repeat.

12. Seated Shoulder Press

Sit on a bench or chair. Feet shoulder width apart and pointing straight ahead. Hold a dumbbell in each hand at about shoulder level. Draw belly button in. Extend arms overhead until elbows are fully extended. Slowly return back to the start position and repeat.

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